



ADVICE AND COMMENTS FROM STAFF

- Don't go out when it's pouring rain — the timing is flexible.
- You can use cubes / stamp cards / visual prompts to show laps run.
- Link to the curriculum sometimes, but not always — many Math activities are relevant and possible.
- Ensure that transitions are quick and easy.
- Everyone can do it — walk, jog or run.
- Children with special needs are able to join on equal footing and show enjoyment.
- It allows children and staff to interact and talk in a relaxed manner.
- Concentration is improved.
- Improved fitness levels allow greater participation in other activities.
- It refreshes staff, so children benefit.
- Children are exposed to, and used to, a physical / active lifestyle.
- On the days when you can't be bothered or you are unmotivated — do it! You will feel better.
- Vary it / provide further challenge to keep children engaged.
- Talk to the children and encourage them to run, rather than jog.
- Run City to City — E.G. "Run to Rio", etc.
- Talk about the Health & Wellbeing benefits of The Daily Mile.
- There's no equipment or gym clothes required.
- The fresh air brightens the mood.
- It's very social!
- It stimulates the brain for learning.
- The health benefits are obvious for all to see.
- The children look forward to it.
- It makes children more determined to succeed.
- It gives a chance for some children to shine.
- It breaks down the classroom walls.
- Encourage parents to send children in appropriate footwear for The Daily Mile.
- Get involved — you will feel better and the children will be motivated by seeing you moving too.
- It can be good to go out in the afternoon when the children's attention is beginning to wane.
- Do it every day — normalise physical activity!
- It maintains / builds fitness and stamina.
- Children get a chance to be equal.
- It's very easy to implement.
- There's no need to change their clothes.
- It runs off energy and allows children to settle better at activities.
- The children have a sense of achievement when setting individual goals.
- It encourages children to be more active and physical.
- It embeds resilience in children.